SOCIAL DISTANCING

WHAT DOES IT MEAN?

• Social distancing is a public health safety intervention used to reduce the likelihood of transmitting communicable disease.
• Social distancing involves minimizing exposure to infected individuals by avoiding large public gathering venues, adhering to spacing requirements in the workplace, and following proper personal hygiene practices.

STRATEGIES FOR EFFECTIVE SOCIAL DISTANCING

The following strategies may be useful in conducting social distancing:

• Adhere to public health hygienic recommendations by washing your hands after touching commonly used items or coming into contact with someone who is sick.
• Proper hand washing involves scrubbing hands for at least 20 seconds with soap and water.
• Avoid touching your face, nose, and mouth and avoid rubbing your eyes.
• Practice proper coughing or sneezing etiquette.
• If working in close proximity to other individuals, attempt to keep a distance of approximately three feet from the nearest person while working.
• Avoid congregating in large public venues such as theaters or sporting events.

PREPAREDNESS

The following actions should be taken prior to an event that warrants social distancing:

• Develop a family emergency plan that includes how they would be cared for if they got sick.
• Maintain a reserve of vital supplies such as food and water and prescriptions medications.

Source: https://safety-security.uchicago.edu/emergency_management/all_hazard_safety_procedures/social_distancing/